



NIAAA and the NAVY:

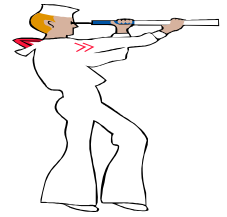
Mutual Interests and Opportunities

Roger Hartman
National Institute on Alcohol Abuse and Alcoholism

**Navy Alcohol and Drug Abuse Prevention (NADAP) Summit, Millington,
TN
May 11, 2004**



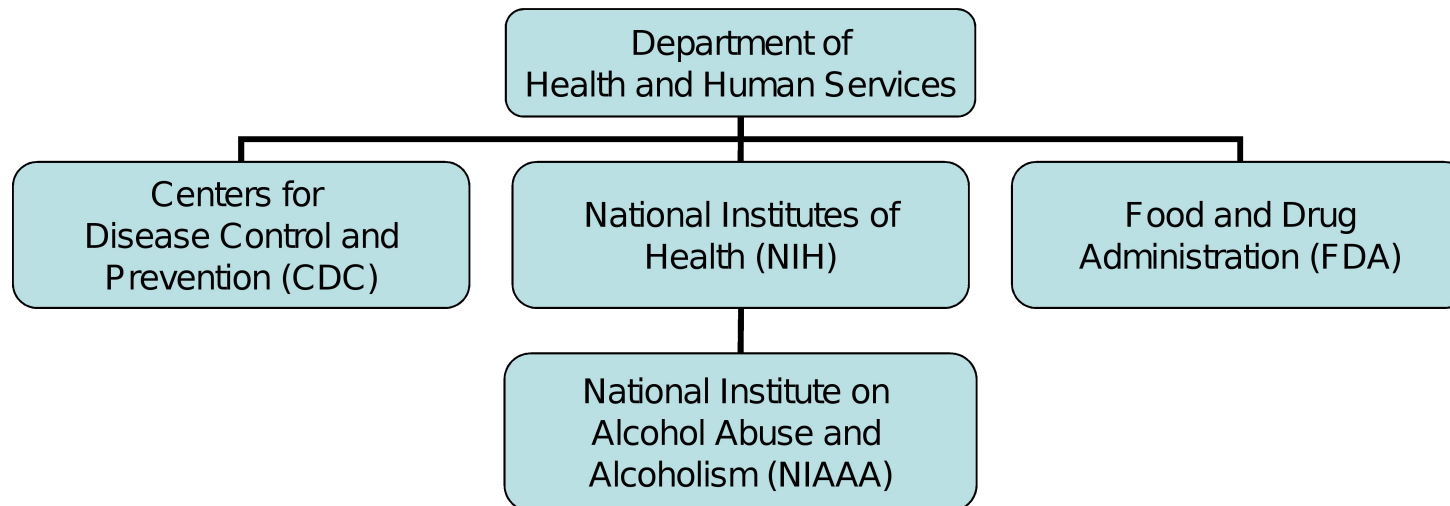
OUTLINE



- Overview of National Institutes of Health (NIH)
- Overview of National Institute on Alcohol Abuse and Alcoholism (NIAAA)
- NIAAA programs of interest to the Navy
 - National Alcohol Screening Day
 - Leadership to Keep Children Alcohol Free
 - Task Force on College Drinking
 - *Clinical Protocols to Reduce High-Risk Drinking in College Students: College Drinking Prevention Curriculum for Health Care Providers*



ORGANIZATION





NATIONAL INSTITUTES OF HEALTH (NIH)



- 1887 -- began as 1-room Laboratory of Hygiene.
- Today – one of the world’s foremost medical research centers.
- Steward of medical and behavioral research for U.S.
- 27 Institutes and Centers
 - Over 75 buildings
 - 300 acres
 - Funding growth: \$300 in 1887. \$28**B** in FY 04

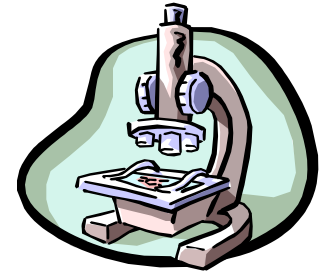
NATIONAL INSTITUTE ON ALCOHOL ABUSE AND ALCOHOLISM (NIAAA)

- **PURPOSE**

- To support and conduct biomedical and behavioral research on the causes, consequences, treatment, and prevention of alcoholism and alcohol-related problems.
- To provide leadership in the national effort to reduce the severe and often fatal consequences of these problems.
- Funds more than 90% of alcohol research in U.S.



NIAAA AREAS OF RESEARCH



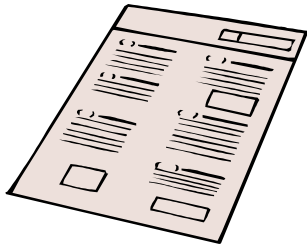
- Genetics
- College drinking
- Fetal Alcohol
- Adolescent alcohol abuse
- Spectrum Disorder-
- Moderate drinking
- Medications
- Spirituality and alcoholism
- development
- Drinking and driving
- HIV/AIDS and-
- Underage drinking
- alcohol
- Alcohol and injury
- Behavioral and environmental interventions



NATIONAL ALCOHOL SCREENING DAY



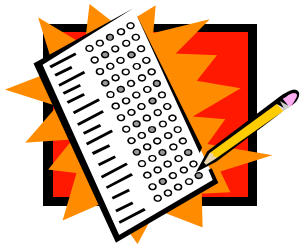
- National 1-day outreach, education, and screening event conducted by hospitals, clinics, treatment centers, colleges and universities, and **military installations.**
- Provides free, anonymous, confidential screening for alcohol problems, public education and, when necessary, referral for further evaluation.
- Funding: NIAAA and SAMHSA



NATIONAL ALCOHOL SCREENING DAY



- Theme: ***“Alcohol and Your Health: Where Do You Draw the Line?”*** -- consequences of at-risk drinking and alcohol’s effect on general health.
- Focus: ***ANYONE*** who drinks:
 - Pregnant/nursing -- Elderly
 - College students -- Military
 - Family history of alcohol problems
 - Existing medical conditions/ on medications



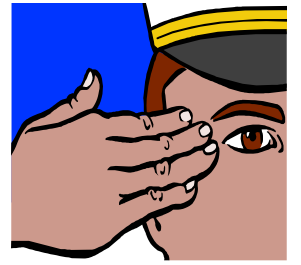
NATIONAL ALCOHOL SCREENING DAY



	<u>2002</u>	<u>2003</u>	<u>2004</u>
Total # sites	2837	3165	5314
DoD sites	25	71	126
Navy/USMC		12	21



NATIONAL ALCOHOL SCREENING DAY



- **Military Installation Options**
 - Hospital/clinic
 - Counseling center (CAAC/SACC)
 - Wellness/fitness center
 - Family center (FFSC)
 - Recreation center
 - Commissary
 - Exchange
- www.nationalalcoholcreeningday.org



LEADERSHIP TO KEEP CHILDREN ALCOHOL FREE



- *“Alcohol is the number one drug of choice among our Nation’s youth. Yet the seriousness of this issue does not register with the general public or policymakers.”*

Enoch Gordis, MD
Former Director, NIAAA

- *“Underage alcohol use is a significant threat to the health and safety of our children. It is time for us to come to grips with this widespread, devastating public health problem.”*

Stephen A. Schroeder, MD
Former President/CEO
The Robert Wood Johnson Foundation



LEADERSHIP TO KEEP CHILDREN ALCOHOL FREE



- Unique coalition of more than 30 governors' spouses, Federal agencies, and public/private organizations
- Initiative to prevent the use of alcohol by ***children ages 9 - 15***
 - Only national effort that focuses on alcohol use in this age group
- Founded by NIAAA and The Robert Wood Johnson Foundation



LEADERSHIP TO KEEP CHILDREN ALCOHOL FREE



- **Children's Health and Safety**

- **30%** of 9th graders reported having ridden in a car driven by someone who had been drinking. Nearly **7%** of 9th graders reported driving one or more times while drinking
- Of all children 15 and under who died in vehicle crashes in 2002, **22%** died in alcohol-related crashes
- Among current drinkers 12 - 17, **31%** had extreme levels of psychological distress, and **39%** exhibited serious behavioral problems
- **28%** of the suicides by children ages 9 - 15 are attributable to alcohol



LEADERSHIP TO KEEP CHILDREN ALCOHOL FREE



- If drinking is delayed until age 21, a child's risk of serious alcohol problems is decreased by **70%.....or**, a child who begins drinking before age 14 is **4 times** more likely to develop alcohol dependency as an adult than one who delays drinking until age 21.
- **67%** of 8th graders and **83%** of 10th graders believe that alcohol is readily available to them
- **20%** of 8th graders and **42%** of 10th graders have been drunk at least once
- The gap between alcohol use by boys and girls has closed. Among 9th graders, girls consume alcohol and binge drink at rates almost equal to boys.



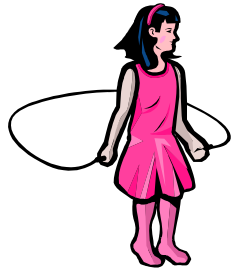
LEADERSHIP TO KEEP CHILDREN ALCOHOL FREE



- **Prevention Strategies**

- Reduce availability
 - Raise prices of alcoholic beverages
 - Control number of alcohol outlets
 - Ensure servers and sellers are trained and licensed
- Improve enforcement
 - Ensure sellers follow ID checking policies
 - Deter “3rd party sales” -- minors obtaining alcohol from adults of legal age
- Change community social norms
 - Remove alcohol promotions that appeal to children
 - Sponsor alcohol-free events
 - Drinking is NOT inevitable nor a “rite of passage”

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LEADERSHIP TO KEEP CHILDREN ALCOHOL FREE



- **In the Health Care Setting**

- Be alert to signs of underage drinking during routine physical exams, office visits, and medical emergencies
- Promote the use of public spaces in healthcare settings to distribute educational material
- Use your credibility to support community education and prevention programs regarding underage alcohol use
- Talk to parents of youth in your facility about the need to prevent underage alcohol use.



LEADERSHIP TO KEEP CHILDREN ALCOHOL FREE



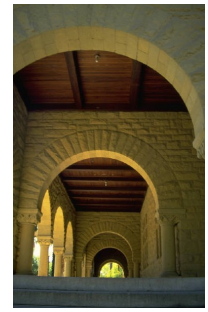
- **Governors' spouses involved**

Alabama	Kentucky	North Carolina
Alaska	Maine	North Dakota
Arizona	Maryland	Ohio
Arkansas	Michigan	Oregon
Colorado	Mississippi	Pennsylvania
Connecticut	Missouri	Rhode Island
Delaware	Montana	South Carolina
Florida	Nebraska	South Dakota
Georgia	Nevada	Texas
Hawaii	New Mexico	West Virginia
Idaho	New York	Wyoming
Kansas		

- **More Information:** www.alcoholfreechildren.org



COLLEGE DRINKING

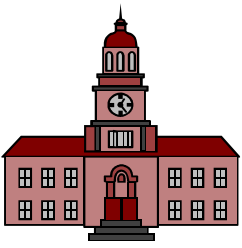


- *“Underage drinking to excess has a negative effect on everything we’re trying to do as a university. It compromises the educational environment, the safety of our students, the quality of life on campus, town/gown relationships, and our reputation.”*

Dr. Judith Ramsey, former President, University of Vermont

- *“Student safety is of paramount importance, and if we save one life, our (alcohol prevention) program is working.”*

Dr. William Jenkins, President, Louisiana State University System



COLLEGE DRINKING



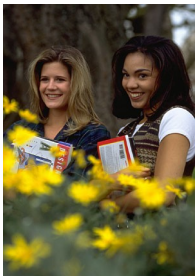
- “Universities are often afraid to reveal that they have a problem with alcohol, although everyone knows it anyway. But we’ve seen important benefits from focusing on the problem and taking a tough stand....I know that support for the University has grown with our reputation for taking strong ethical positions and sticking with them.”*

Dr. Robert L. Carothers, President, University of Rhode Island

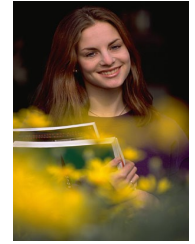
- “Decisions about alcohol consumption are not just individual; they can affect the common life of the university.”*

Edward A. Malloy, President, University of Notre Dame

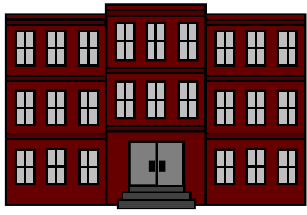
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COLLEGE DRINKING



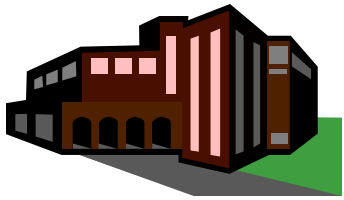
- Consequences of drinking by college students (18-24) each year:
 - **Death:** 1,400 -- **Injury:** 500,00
 - **Assault:** 600,000 -- **Sexual Abuse:** 70,000
 - **Unsafe Sex:** 400,000-- **Drunk Driving:** 2.1M
 - **Vandalism:** 11% -- **Police Involvement:** 5%
 - **Academic Problems:** 25% -- **Health Problems:** 150,000
 - **Suicide Attempts:** 1.2 – 1.5%
 - **Alcohol Abuse and Dependence:** 31% and 6%



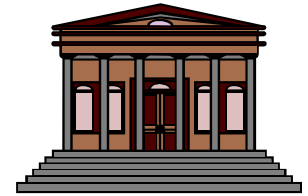
COLLEGE DRINKING



- NIAAA National Advisory Council established the Task Force on College Drinking (1998)
 - College presidents (15), alcohol researchers (17), students (7), NIAAA (9), others (16)
 - Two panels:
 - Panel on Contexts and Consequences
 - Panel on Prevention and Treatment
 - Goals:
 - Provide research-based information about the nature and extent of dangerous college drinking
 - Offer recommendations to college and university presidents
 - Offer recommendations to the research community.



COLLEGE DRINKING



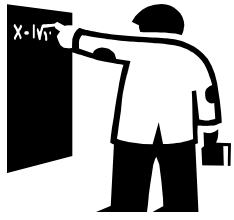
- **Three constituencies**
 - Individual students, including those at-risk or dependent
 - Student population as a whole
 - College and surrounding community
- **Key theme:** colleges need to base their alcohol policies and prevention programs on ***scientific evidence***
 - A number of potentially effective strategies have little evidence to support them because they have not been thoroughly been evaluated.
- **Challenge:** how to change the ***culture***



COLLEGE DRINKING



- **Heavy episodic consumption of alcohol**
 - Approximately **80%** of college students drink
(**67%** of military personnel 20 or younger drink)
(**83%** of military personnel 21-25 drink)
 - Of these, about **50%** engage in heavy episodic drinking: **“binge drinking”**
 - **Five** or more drinks in a row for men
 - **Four** or more drinks in a row for women
- (**51%** of military personnel 20 or younger binge drink)
(**67%** of military personnel 21-25 binge drink)



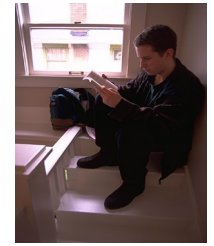
COLLEGE DRINKING



- More than **40%** have engaged in binge drinking in the past 2 weeks
(41% of military personnel 20 or younger)
(51% of military personnel 21-25)
- U.S. Surgeon General has identified binge drinking among college students as a
“major public health problem”



COLLEGE DRINKING



- **Factors affecting student drinking**
 - Drinking rates are **highest**:
 - Males
 - Whites
 - Athletes
 - Fraternities and sororities
 - Schools where athletic teams are prominent
 - Schools located in the Northeast
 - First-year students (within first 6 weeks of arrival)
 - Drinking rates are **lowest**:
 - Two-year institutions
 - Religious schools
 - Commuter schools
 - Historically Black colleges and universities (HBCUs)



COLLEGE DRINKING



- **Recommendations for addressing excessive college drinking**
 - Clustered in ***Tiers*** -- descending order, based on the evidence available to ***support*** or ***refute***
 - **Tier 1** -- Evidence of ***effectiveness*** among college students
 - **Tier 2** -- Evidence of ***success with general populations*** that could be applied to college environments
 - **Tier 3** -- Evidence of ***logical and theoretical promise***, but require more comprehensive evaluation
 - **Tier 4** -- Evidence of ***ineffectiveness***

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COLLEGE DRINKING



- **Recommendations for addressing excessive drinking (*Tier 1*)**
 - Combine cognitive-behavioral skills with norms clarification and motivational enhancement interventions
 - Offer brief motivational enhancement interventions
 - Challenge alcohol expectancies



COLLEGE DRINKING



- **Recommendations for addressing excessive college drinking (*Tier 2*)**

- Increase enforcement of minimum drinking age laws
- Increase enforcement of other laws to reduce alcohol-impaired driving
- Restrict alcohol retail outlet density
- Increase price and excise tax on alcohol
- Implement responsible beverage service policies in social and commercial settings
- Form campus and community coalitions involving all major stakeholders



COLLEGE DRINKING

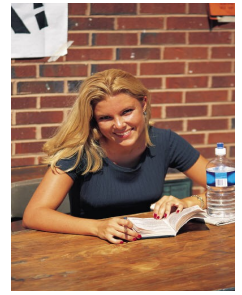


- **Recommendations for addressing excessive college drinking (*Tier 3*)**
 - Adopt campus-based policies and practices that appear to be capable of reducing high-risk drinking
 - Increase enforcement at campus-based events that promote excessive drinking
 - Increase publicity about and enforcement of underage drinking laws on campus and eliminate “mixed messages”
 - Conduct marketing campaigns to correct student misperceptions about alcohol use

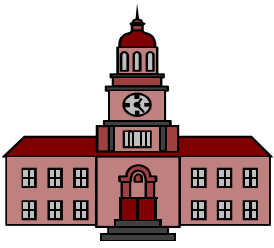
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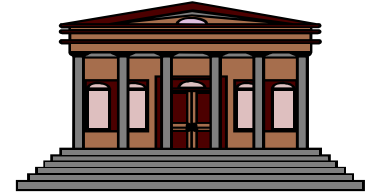
COLLEGE DRINKING



- **Recommendations for addressing excessive college drinking (*Tier 3, cont.*)**
 - Consistently enforce disciplinary actions associated with policy violations
 - Provision of “safe ride” programs
 - Regulation of happy hours and sales
 - Inform new students and their parents about alcohol policies and penalties before arrival on campus and during orientation periods.



COLLEGE DRINKING



- **Evidence of *Ineffectiveness (Tier 4)***

- Informational, knowledge-based, or values clarification interventions about alcohol and the problems related to its excessive use, ***when used alone***
- Provide blood-alcohol concentration (BAC) feedback to students

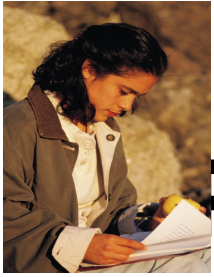


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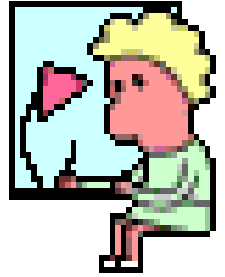


- **More information**

- www.collegedrinkingprevention.gov
- www.niaaa.nih.gov -- “What’s New”



COLLEGE DRINKING PREVENTION CURRICULUM



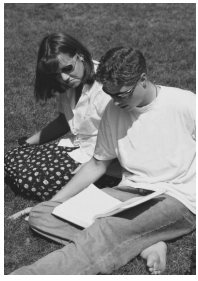
- ***Clinical Protocols to Reduce High-Risk Drinking in College Students: The College Drinking Prevention Curriculum for Health Care Providers***
 - Developed for the NIAAA Task Force on College Drinking, 2002
 - Michael Fleming, MD, MPH, Department of Family Medicine, University of Wisconsin Madison



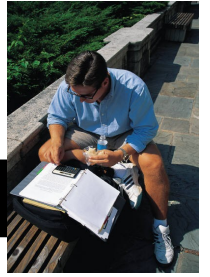
COLLEGE DRINKING PREVENTION CURRICULUM



- **Purpose:** to help all health care professionals – physicians, nurses, nurse practitioners, physician assistants, social workers, health educators, ***counselors***, psychologists, and others who work with college students -- identify and treat students who are at-risk or are having alcohol-related problems

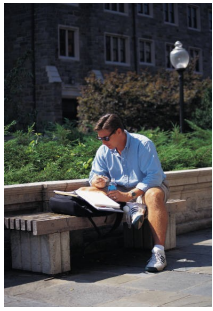


COLLEGE DRINKING PREVENTION CURRICULUM



- ***Module 1: Epidemiology and Prevention Strategies***

- Epidemiology of alcohol use and alcohol-related problems among college students
- Risk-factors associated with student alcohol use
- Prevention strategies that work

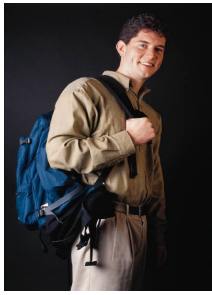


COLLEGE DRINKING PREVENTION CURRICULUM

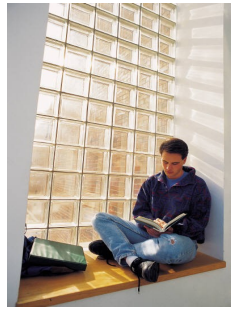


- ***Module 2: Screening and Assessing***

- Screening students for high-risk drinking
- Assessing students for alcohol-related problems
- Instruments
 - **CAGE**
 - **CUGE**
 - **TWEAK**
 - **AUDIT**
- Skill-building in screening and assessment (role plays)



COLLEGE DRINKING PREVENTION CURRICULUM



- ***Module 3: Brief Intervention***

- Brief intervention treatment
- Evidence that supports the use of brief intervention in student health settings
- Skill-building in conducting brief talk therapy (role plays)



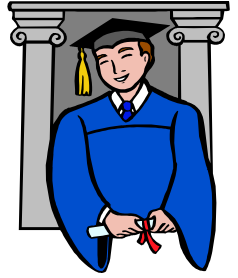
COLLEGE DRINKING PREVENTION CURRICULUM



- ***Module 4: Motivational Interviewing***
 - Motivational interviewing techniques
 - Skill-building in motivational interviewing (role plays)
- **Appendices**
 - Appendix A: Workbook for Changing College Student Drinking Habits
 - Appendix B: Role Play Scenarios
 - Appendix C: Attitude Exercise



COLLEGE DRINKING PREVENTION CURRICULUM



- Available on-line (text and PowerPoint slides)

www.collegedrinkingprevention.gov

- “What’s New”
- “Prevention Curriculum”



QUESTIONS?



Roger Hartman

National Institute on Alcohol Abuse and
Alcoholism

5635 Fishers Lane

Bethesda, MD 20892-9304

301-443-0276

301-480-1726 (fax)

hartman1@mail.nih.gov